

West Macs Monster Trail Running Festival 2024

Travel and event preparation guide



ALICE SPRINGS RUNNING AND WALKING CLUB INC
VERSION 1.2 – 02/2024

West Macs Monster 2024



Trip Planning Guide

Event Headquarters (HQ) is Red Mulga Function Centre, Alice Springs Desert Park (871 Larapinta Drive)

Event	Ekistica 231km Sonder Monster	Ekistica 128km Ellery Monster	Ekistica 65km Standley Monster	ABC Alice Springs 25km Simpsons Monster	ABC Alice Springs 5km Tele-Monster
Arrive Alice Springs	No later than early afternoon flights, Thursday 16 May	No later than early afternoon flights, Friday 18 May	No later than early afternoon Saturday 18 May	No later than early afternoon flights, Saturday 18 May	Prior to the race start
Mandatory Gear Checks & Registration at Event HQ	Thursday 16 May 2pm to 4:30pm	Thursday 16 May 2pm to 4:30pm Friday 17 May 2pm to 4:30pm	Thursday 16 May 2pm to 4:30pm Friday 17 May 2pm to 4:30pm Saturday 18 May 10am to 4:30pm	Friday 17 May 2pm to 4:30pm Saturday 18 May 10am to 4:30pm	N/A
Mandatory Event Briefing	Thursday 16 May 5pm Event HQ	Friday 17 May 5pm Event HQ	Saturday 18 May 5pm Event HQ	Saturday 18 May 5pm Event HQ	3:50pm start line prior to race start
Buses/Transport to start lines (tickets for sale)	Friday 17 May 6.00am from locations to be confirmed with those that need it (personalised service) – official vehicles/carpool	Dates	Saturday 18 May	Sunday 19 May	Sunday 19 May
		Collection Points	Time – sharp!	Time – Sharp!	Time - Sharp!
		Crowne Plaza Lasseters, Barret Dr	5:50am	4:15am	10:00am
		Double Tree by Hilton, Barret Dr	5:55am	4:20am	10:05am
		Stay at Alice Springs Hotel (formerly Aurora), Leichardt Tce	6:05am	4:30am	10:10am
		Alice Springs Telegraph Station	6:15am	4:40am	10:20am
Arrive start line	8:00am	5:30am	10:50am	N/A	
Pre-start photo shoot at Mt Sonder Lookout – all competitors, compulsory	Friday 17 May, 7.30am Lookout just past Glen Helen/Finke River crossing on right hand side. Clearly signposted	Not Applicable			
Start line welcome and pre-start briefing/last minute information & sign on	Friday 17 May 8am Red Bank Gorge Trail Head/Day use bottom carpark area	Saturday 18 May 8am, Ellery Creek Big Hole at the waterhole	Sunday 19 May, 5.45am, Standley Chasm carpark	Sunday 19 May 11am at Simpsons Gap carpark	Sunday 19 May 3.15pm at Alice Springs Telegraph Station finish line
Travel Time by car to Start Line from Alice Springs CBD	2 hours	1 hour 15 min	1 hour	30 minutes	10 minutes
Race Start	Friday 17 May 9am Sharp	Saturday 18 May 9am Sharp	Sunday 19 May 6.30am Sharp	Sunday 19 May 12pm Sharp	Sunday 19 May 4pm Sharp
Race End	Sunday 19 May various times				
Presentations	Sunday 19 May starts from 5.30 to 6pm dependent on finish line activity, goes for approximately 1 hour				
Shuttle Bus	A shuttle bus will operate immediately after presentations back to the collection points, and will run for a maximum of 2 hours				
Volunteer Thankyou Night	Alice Springs Brewery Saturday 25 th May 2024 5pm til 8pm. Competitors, crews, family and friends... come and thank the incredible volunteers. We buy the Volunteers Pizza for the night.				
Suggested Travel Home	From Monday 20 May (There is plenty to see and do in Alice...stay as long as you can)				

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Why not make a trip out of your visit to Central Australia. Tourism Information can be found at [Discover Central Australia](#). Here you will find information on our amazing tourist attractions, accommodation, car hire, travelling to Uluru/Kata Tjuta National Park, Watarrka (Kings Canyon). There is also a fantastic, award-winning visitor centre in the Todd Mall.

231km Competitor Event Commitments

1. Accommodation is required in Alice Springs from Thursday night 16 May, typically through to Sunday night 19 May, however, see points 3 and 4 below. You can book via the Discover Central Australia link above.
2. Attendance at the briefing on Thursday night is mandatory, as is the Mandatory Gear Check and Registration prior to the briefing (Mandatory Gear Checks and Registration unavailable at start line).
3. Presumably you will also require accommodation on Sunday night 19 May for when you finish 😊 See point 1 above...
4. It is common to check out of the motel room for the event nights 17th and 18th but some elect to keep at least 1 room so you have a fall back plan in case of withdrawal, injury, early finish 😊 , or your crew wishes to have a base to work from.
5. Transport to the start line is often with your crew in your crew vehicle, however a transport option from Alice Springs will be provided for competitors only. The buses will not return to Alice Springs – and are one way only. You are welcome to make your own arrangements and travel times to the start line are listed in the above table for each event.
6. Camping accommodation is available at Standley Chasm which becomes an event hub approximately 45km out from Alice Springs for the middle two nights of the event (17th and 18th).
7. Basic facilities are available at Standley Chasm; showers, toilets, café with great food open for breakfast, lunch and basic dinner on this weekend. However, most crews will sleep 'on the road' and at aid stations whilst waiting for their runner <https://www.standleychasm.com.au/> Fees for Standley Chasm are included if you are just using a swag on the grass. Sites are available at a charge direct with Standley Chasm and are not included in event fees. If your crew wish to visit the Chasm, there is an entry fee not covered by the event. It is definitely worth the short walk!
8. Glen Helen Lodge is predicted to be closed during this event and no services are likely to be available there.
9. Ormiston Gorge has a basic campground and small café where coffee, ice cream and light lunch foods are available.
10. There are no other facilities or fuel in the event area (Tjoritja/West MacDonnell National Park) and it is an expectation that (apart from anything you get at Standley Chasm) your crew are fully self-catered with food/water/fuel/transport etc. Any camping/sites/accommodation required in any of these locations to be booked directly with the venue should you require it.
11. We recommend you have warmer clothes available for evenings, early mornings and at the finish line as desert evenings can be chilly.
12. Please familiarise yourself with the race rules available at <https://westmacsmonster.com.au/index.php/rules-and-regs/>

128km Competitor Event Commitments

1. Accommodation is required in Alice Springs from Friday night 17 May, typically through to Sunday night 19 May, however, see points 3 and 4 below. You can book via the [Discover Central Australia](#) website.
2. Attendance at the briefing on Friday night is mandatory, as is the Mandatory Gear Check and Registration prior to the briefing (Mandatory Gear Checks and Registration unavailable at start line).
3. Presumably you will also require accommodation on Sunday night 19 May for when you finish 😊 See point 1 above...
4. It is common to check out of the motel room for the event night 18 May but some elect to keep at least 1 room so you have a fall back plan in case of withdrawal, injury, early finish 😊 , or your crew wishes to have a base to work from.
5. Transport to the start line is often with your crew in your crew vehicle, however a transport option from Alice Springs will be provided for competitors only. The buses will not return to Alice Springs – and are one way only. You are welcome to make your own arrangements and travel times to the start line are listed in the above table for each event.

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6. Camping accommodation is available at Standley Chasm which becomes an event hub approximately 45km out from Alice Springs for the nights of the event (17th and 18th).
7. Basic facilities are available at Standley Chasm; showers, toilets, café with great food open for breakfast, lunch and basic dinner on this weekend. However, most crews will sleep 'on the road' and at aid stations whilst waiting for their runner <https://www.standleychasm.com.au/>. Fees for Standley Chasm are included if you are just using a swag on the grass. Sites are available at a charge direct with Standley Chasm and are not included in event fees. If your crew wish to visit the Chasm, there is an entry fee not covered by the event. It is definitely worth the short walk!
8. There are no other facilities or fuel in the event area (Tjoritja/West MacDonnell National Park) and it is an expectation that (apart from anything you get at Standley Chasm) your crew are fully self-catered with food/water/fuel/transport etc.
9. We recommend you have warmer clothes available for evenings, early mornings and at the finish line as desert evenings can be chilly.
10. Please familiarise yourself with the race rules available at <https://westmacsmonster.com.au/index.php/rules-and-regs/>

65km Competitor Event Commitments

1. Accommodation is required in Alice Springs from Saturday night 18 May, typically through to Sunday night 19 May, however, see points 3 and 4 below. You can book via the [Discover Central Australia](#) website.
2. Attendance at the briefing on Saturday night is mandatory.
3. Mandatory Gear checks and Registration are from Thursday 16 May at Event HQ (see 1st Table for times). Allow at least 30 minutes for the thorough check and the later you leave it the longer the queue. Come and do an early gear check and then visit the award-winning Desert Park during the day – you will not be disappointed! Discounts apply for entry to the Desert Park for competitors and crews. (Mandatory Gear Checks and Registration unavailable at start line).
4. Presumably you will also require accommodation on Sunday night 19 May for when you finish 😊 See point 1 above...
5. Transport to the start line is often with your crew in your crew vehicle, however a transport option from Alice Springs will be provided for competitors only. The buses will not be returning to Alice Springs – and are one way only. You are welcome to make your own arrangements and travel times to the start line are listed in the above table for each event.
6. Camping accommodation is available at Standley Chasm which becomes an event hub approximately 45km out from Alice Springs for the middle two nights of the event (17th and 18th).
7. Basic facilities are available at Standley Chasm; showers, toilets, café with great food open for breakfast, lunch and basic dinner on this weekend. <https://www.standleychasm.com.au/>. Fees for Standley Chasm are included if you are just using a swag on the grass. Sites are available at a charge direct with Standley Chasm and are not included in event fees. If your crew wish to visit the Chasm, there is an entry fee not covered by the event. It is definitely worth the short walk!
8. There are no other facilities or fuel in the event area (Tjoritja/West MacDonnell National Park) and it is an expectation that (apart from anything you get at Standley Chasm) your crew are fully self-catered with food/water/fuel/transport etc.
9. We recommend you have warmer clothes available for evenings, early mornings and at the finish line as desert evenings can be chilly.
10. Please familiarise yourself with the race rules available at <https://westmacsmonster.com.au/index.php/rules-and-regs/>

25km Competitor Event Commitments

1. Accommodation is required in Alice Springs from Saturday night 18 May, typically through to Sunday night 19 May, however, see points 3 and 4 below. You can book via the [Discover Central Australia](#) website.
2. Attendance at the briefing on Saturday night is mandatory.

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3. Mandatory Gear Checks and Registration are from Thursday 16 May at Event HQ (see 1st Table for times). Allow at least 30 minutes for the thorough check and the later you leave it the longer the que. Come and do an early gear check and then visit the award-winning Desert Park during the day – you will not be disappointed! Discounts apply for entry to the Desert Park for competitors and crews. (Mandatory Gear Checks and Registration unavailable at start line).
4. Presumably you will also require accommodation on Sunday Night 19 May for when you finish 😊 See point 1 above...
5. Transport to the start line is often with your crew in your crew vehicle, however a transport option from Alice Springs will be provided for competitors only. The buses will not return to Alice Springs – and are one way only. You are welcome to make your own arrangements and travel times to the start line are listed in the above table for each event.
6. There is no fuel in the event area (Tjoritja/West MacDonnell National Park) and it is an expectation that (apart from anything you get at Standley Chasm) your crew are fully self-catered with food/water/fuel/transport etc.
7. We recommend you have warmer clothes available for evenings, early mornings and at the finish line as desert evenings can be chilly.
8. Please familiarise yourself with the race rules available at <https://westmacsmonster.com.au/index.php/rules-and-regs/>

5km Competitor Event Commitments

1. There are no requirements other than to be at the start area from approximately 3pm onwards, Sunday 19 May. This is an all-inclusive fun run with no minimum requirements. Snake bandage and a small handheld water bottle are recommended.
2. We recommend you have warmer clothes available for evenings, early mornings and at the finish line as desert evenings can be chilly.
3. Please familiarise yourself with the race rules available at <https://westmacsmonster.com.au/index.php/rules-and-regs/>

Websites that will save the day... (both yours and ours...😊😊😊)

For any event specific detail - <https://westmacsmonster.com.au/> is your friend – especially the [Rules, Regs, and Docs tab](#). Most questions we get asked are referred back to information on the website.

For any tourism related information, tours, accommodation, transport, car hire visit <https://www.discovercentralaustralia.com/events/west-macs-monster>.

Emails with any questions can be sent to run@westmacsmonster.com.au Please allow some time for answers...we are dedicated volunteers (with day jobs 😊)...

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West Macs Monster 2024 Aid Station provisions

	Manned Aid Station	Support Crew Access See access Notes on next page	Water	Tailwind (Not mixed)	Snakes/Lollies	Fruit cake	Bananas	Watermelon	Oranges	Chips	Cake	Coffee/Tea (Instant)	Salty Potatoes ¹	Hot Food* Back Country Meals	Cups of Soup	2 Minute Noodles	Toasted Sandwiches ¹	Peanut Butter Sandwiches
Bottom Mt Sonder – 231's	Y	YES - 400m walk	Y	Y	Y		Y	Y		Y	Y							
Rocky Bar Gap – 231's	Y	NO	Y	Y	Y	Y	Y	Y		Y	Y							
Finke river trailhead – 231's	NO	NO	Emergency Only															
Ormiston Gorge – 231's	Y	YES – 2WD	Y	Y	Y	Y	Y	Y	Y	Y	Y		Y	Y	Y	Y	Y	Y
Serpentine Chalet Dam – 231's	Y	YES – Dirt 4WD + ~ 1km walk	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y				Y		
Serpentine Gorge – 231's	Y	YES – 2WD Dirt	Y	Y	Y	Y	Y	Y		Y	Y	Y			Y	Y		
Ellery Creek – 231's	Y	YES – 2WD Dirt	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Rocky Gully – 231's & 128's	NO	NO	Emergency Only															
Hugh Gorge – 231's & 128's	Y	NOT RECOMMENDED	Y	Y	Y	Y	Y		Y	Y	Y				Y	Y		
Section 4/5 Birthday Waterhole – 231's & 128's	Y	NOT RECOMMENDED	Y	Y	Y	Y	Y		Y	Y	Y	Y		Y	Y	Y	Y	Y
Standley Chasm – 231's & 128's	Y	YES – 2WD	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Jay Creek – 231's, 128's & 65's	Y 2024 Only	NO	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y			Y	Y		
Mulga Camp – 231's, 128's & 65's	Y	NO	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y			Y	Y	Y	Y
Simpsons Gap – 231's, 128's & 65's	Y	YES – 2WD	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y 231&128	Y	Y	Y	Y
Wallaby Gap – 231's, 128's, 65's & 25's	Y	NO	Y	Y	Y	Y	Y	Y	Y	Y	Y							
Under the bridge (Geoff Moss Bridge) – 231, 128, 65 & 25	Y	YES – 4WD	Y		Y	Y	Y		Y	Y	Y							
Telegraph Station Finish Line	Y	YES – 2WD	Y		Y	Y	Y	Y	Y	Y	Y							

Note:

- Toasted sandwiches and 2-minute noodles are made on site and will take 10 mins or so. Back Country meals are prepared on demand and take 10 to 15 minutes each.
- *Hot food is provided by our sponsor Back Country Cuisine and is freeze dried meals. There is a selection of options incl both Vegetarian and meat based. Details of the Back Country meals are available at <https://shop.backcountrycuisine.co.nz/collections/meals?page=2>
- Drop Bags can be prepared **only** for any of the main aid stations - Ormiston Gorge, Ellery Creek, Standley Chasm, Simpsons Gap and the finish line. They must be delivered to Race HQ at the time of the registration and mandatory gear checks for your event. Coloured location tags will be provided for you to attach to your drop bag handles. The preferred drop bag is a typical shopping zip up insulated cooler bag or a small backpack of a similar size.
- Drop bags will not be refrigerated but will be placed in the shade where possible.
- The intention of drop bags is for you to 'self-cater' for anything that you want that is not covered above and your own running supplies and spares etc.
- With all the enormous preparation for a race of this calibre, we understand it is a nasty surprise when Aunt Flow arrives unexpectedly mid-race. The WMM has you covered, with inconspicuous, individually packaged menstrual products (including zip-lock bag) which are available at each manned aid station. Just ask one of the crew.

¹Subject to approval by NT Health

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Aid Station access by crews, family and friends

The following table shows a list of Aid Stations and whether they are accessible by your crews and supporters. Aid stations that are accessible to the public are available to be visited by your supporters and crews.

Aid Station	Toilets	Accessible	How
Redbank Gorge Start Line	Y x 2 Long drop	Yes	2WD with care, high clearance is preferred. Dirt road for approximately 8km from Namatjira Drive bitumen
Rocky Bar Gap	Y x 1 Long drop	NO	
Finke River Trail Head	Y x 1 Long drop	NO	Not an aid station (Emergency water only)
Ormiston Gorge	Y Toilet block with running water	Yes	2WD, bitumen road
Serpentine Chalet Dam	Y x 1 Long drop	Yes	Accessible by 4WD to the carpark from Namatjira Drive bitumen and then approximately 1km walk into the aid station
Serpentine Gorge	Y x 1 Long drop	Yes	2WD dirt road from Namatjira Drive bitumen
Ellery Creek	Y Toilet block with running water	Yes	2WD bitumen road from Namatjira Drive bitumen
Rocky Gully	Y x 1 Long drop	NO	Not an aid station (Emergency water only)
Hugh Gorge	Y x 1 Long drop	NOT RECOMMENDED	Whilst this is a publicly accessible aid station, we do not recommend access due to the following: High clearance and high experience 4WD ONLY . This drive is approximately 22km from the Namatjira Drive bitumen and will take at least 2 hours each way. Not recommended for ease of logistics and knowing where to go. The track is not well signposted.
Junction 4/5 Birthday Waterhole	Y x 1 Long drop	NOT RECOMMENDED	Whilst this is a publicly accessible aid station, we do not recommend access due to the following: High clearance and high experience 4WD ONLY . This drive is approximately 14.4km from the Namatjira Drive bitumen and will take at least 1.5 hours. And then there is a 1km walk up a sandy river access road. Not recommended for ease of logistics and knowing where to go. The track is not well signposted.
Standley Chasm	Y Toilet block with running water	Yes	2WD bitumen road. This is our event remote organisation hub where many officials will be based and camp.
Fish Hole Waterhole	No	NO	**Is now inaccessible due to flood damage to the access road. Alternative aid station will be Jay Creek for 2024** For Runners, the additional distance will be approximately +2km from Standley Chasm.
Jay Creek	Y x 1 Long drop	NO	**Official Aid Station For 2024 – due to Fish Hole details above** NOTE: PUBLIC ACCESS IS NOT PERMITTED. This is not normally an official aid station and access is only for authorised person and the gate is locked.
Mulga Camp	Y x 1 Long drop	NO	This is a private, permit road only. No public access is allowed.
Simpsons Gap	Y Toilet block with running water	Yes	2WD bitumen road
Wallaby Gap	Y x 1 Long drop & 2 x portaloos	NO	
Under the Bridge (Geoff Moss Bridge)	Y x 1 Long drop & 2 x portaloos	Yes	4WD via dirt track and Old Stuart Highway alignment. This may change to the Railway Line crossing and directions will be given if this occurs.
Alice Springs Telegraph Station Finish Line	Y Toilet block with running water	Yes	2WD bitumen, heaps of parking...Festivities abound!

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Further Information

Free public Transport pre and post event in Alice Springs

The Northern Territory Government are proud supporters of our event. This year to assist with travel around the township, we have negotiated free public transport on the bus network for the week before and week after the event including event weekend. Note, the buses don't travel on Sundays – so we have the necessary shuttles in place for after the presentations to get you back to your accommodation.

[Bus network map is available here](#) and the [time tables are available here](#).

You can use these networks to get to Event HQ at the Alice Springs Desert Park if you wish for briefings and gear checks. The bus stops on Larapinta Drive at the start of a short walk on a concrete path the headquarters location which takes about 8-10 mins. Buses 400 and 401 will get you there and their timetable is [here](#). Stop D is your friend to access us at Event HQ.

To access this service, you need to visit the Tourism Central Australia Visitor Centre in the Todd Mall when you arrive in Alice Springs and they will give you an access card to show drivers when hopping on the bus.

Event Buses

The West Macs Monster event is operating buses to each start line as per the information in the table on Page 2 above. You must pre-book the bus by 8pm Wednesday 16 May by requesting it via email to run@westmacsmonster.com.au if you did not buy a ticket when you registered.

Bus times and departure locations are in [Table 1](#) above. Buses are for competitors only and are one way only and will not transport you, your family or crews back to Alice Springs after any starts. To ease congestion and available parking at each start line, we recommend the bus transport be utilised.

Bus costs:

Ekistica 231km Sonder Monster \$55.00

Ekistica 128km Ellery Monster \$35.00

Ekistica 65km Standley Monster \$25.00

ABC Alice Springs 25km Simpsons Monster \$15.00

Accommodation, Tours and Car hire

Accommodation, Tours and Car hire can be booked via the [Discover Central Australia](#) website, or direct with the provider of your choice.

Mandatory Briefing

Attendance at the briefing for your event is mandatory. There is important information shared at this time and it is important for your safety. It is a requirement of our risk management plan to ensure you all receive the same information. Times and locations are listed on page 2, Table 1.

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Mandatory Gear Checks

Our incredible sponsor, Lone Dingo, have once again offered to conduct Mandatory Gear Checks in their shop, half-way down the eastern side of the Todd Mall. West Macs Monster volunteers will be on hand to assist the Lone Dingo staff between 9am and 11am Saturdays 4 May and 11 May 2024. Lone Dingo staff will be able to do occasional gear checks during the week outside of these times, but to assist them, the Saturday morning slot is the preference. It will also give you a chance to ask the crew any questions.

Entrants who get their gear checks done and signed off (ie completed) at Lone Dingo prior to the event will go into the draw to win a \$100 in-store voucher at Lone Dingo. Which will be drawn during the presentation ceremony at the Alice Springs Telegraph Station, from 6.00pm Sunday 19 May.

Mandatory Gear checks must be finalised at latest at registration at Event HQ. Final mandatory gear checks WILL NOT BE AVAILABLE at the start line. Therefore you will not have a wrist tag – and will not be allowed to start.

Transfer of Entry

You are able to transfer your entry to another person by logging back into your event plus portal here <https://eventplus.net/wmm24> You will find an option, 'Transfer'. After you click on that, you will be prompted to enter the recipients email address. This will send an email to them, asking if they wish to accept the entry. If they are on the waiting list for that event, they will need to withdraw from the wait list before they accept your offer of a transfer. All transfers are subject to our [Transfer Policy](#).

Alice Springs Desert Park

The Alice Springs Desert Park is an award-winning arid zone park. It has an amazing array of flora and fauna on display. Walk through aviaries, the nocturnal house, stroll the desert landscapes and make sure you see the flying bird show – it will amaze you. Our competitors and crew can get 20% off of entry fees to the Alice Springs Desert Park whilst they are here. Plan your visit on their [website here](#). The vouchers will be available at Race HQ and in your race pack.

Wrist Tags

You will be issued a yellow wrist band with some competitor information. This wrist tag is your 'ticket to start'. It will only be issued once all of the entry criteria has been met and ticked off. They are:

1. Mandatory Gear Check
2. Any required running pre-requisites for the 231km, 128km or 65km events are approved (Including medical certificate for 231km competitors).
3. Indemnity signed – which was part of the online entry process. If you are not sure, [click here](#) for it again.

The wrist tag must remain on your wrist at all times from when we issue it at registration until you cross the finish line. If for any reason you withdraw from the event prior to the finish line, as part of the withdrawal process, our officials will remove it and take possession of the wrist tag as part of our accounting for everyone process.

If, for any unfortunate reason you require a visit to the hospital, we will leave it on your wrist for ease of identification by hospital staff and they can access information from our medical teams if needed.

Course Changes, Contingencies and Conditions

Weather events and bushfires earlier this year in the Tjoritja/West MacDonnell National Park have had minimal impact on the planned course for this year's event. It is important to note this is a dynamic and changing situation and the last updates will be shared at the Mandatory Briefing.

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We normally don't think gaiters are required for the Larapinta trail, however, you may find them useful to stop skin reactions to the grass seeds, grass seeds falling into your shoes and irritating you through your socks, the occasional brush with spinifex and they may protect from potential snake bites.

The trail is not typically difficult to follow. However, you will need to be familiar with your offline mapping tool as you will need to reference it at some of the trail intersections and it will be helpful as you fatigue. You are required to have the GPX file of your event downloaded into your offline mapping tool (eg Guru-maps) on your phone and know how to use it effectively. Practice now!

Affecting the 231km, 128km and 65km competitors, the Fish Hole aid station has moved approximately 2km further along the trail to the Jay Creek trailhead. Fish Hole is not accessible this year to be able to set up an aid station there. A mandatory 3 litre water carry will be in place from Standley Chasm for this change.

Junction 4/5, Hugh Gorge, Jay Creek and Mulga Camp aid stations are challenging to access for our officials. You need to be aware that if you withdraw at these locations, you will most likely be there for a very long time before we can either arrange transport or the aid station closes, and you will be extracted with the aid station staff.

If you have any further questions, please refer to the website in the first instance – and send us an email if you can't find the answer you are looking for.

Best regards and see you in May!

Bring it on!

West Macs Monster Crew